

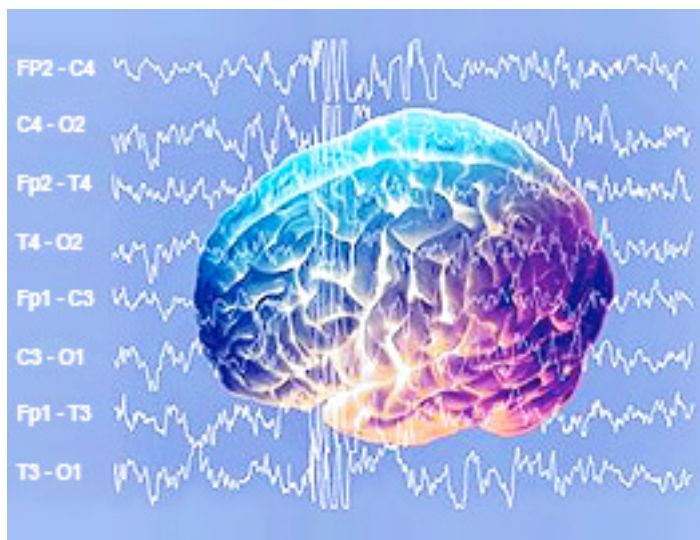
Fall 2010 - Is Relaxation the key to wellness?

As I began writing this newsletter I was in transit between the UK and mainland Europe and found it hard to consciously realize that 3 months have passed since I wrote my Summer 2010 newsletter. Where have those 90 days gone, they seem to have gone by in a blink of an eye.

Many people I chat with in the course of my travels are experiencing the same phenomena. Time as we know it has taken on a different rhythm, it seems to be speeding up and leaving people stressed, frustrated, angry, confused, tired and more irritable. The media are reporting more and more cases around the globe of irrational, uncharacteristic acts of violence, anti-social behavior from people that had been though to be mentally sane. What is causing this?

Earth's Rising Base Frequency sometimes described as Earth's background base frequency, or "heartbeat", named Schumann Resonance after the German professor that discovered it, seems to be rising dramatically. Though it varies slightly depending on geographical area, since measurements were first taken several decades ago the overall measurement was 7.8 Hz (cycles per second). This was once thought to be constant; global military communications developed on this frequency. Current reports set the rate at in excess of 11 Hz (cycles per second), and climbing. Science doesn't know why, or what to make of it.

With the Schumann Resonance rising in such a short space of time towards the fast acting Beta brainwave (16.5 Hz or cycles per second) is it any wonder that time is passing quicker. Humanity is struggling to keep at this fast brain pace and the cracks are beginning to show through poor social behavior.



Could Theragem aid this problem? By its very design the Theragem's first protocol when being used is 20 minutes of Elation Therapy (Theta brainwave 3.3 Hz or cycles per second) to give a deep relaxing, homeostasis effect to the mental, emotional and spiritual side of who we are. In a recent Polish Health Center trial using the very latest cutting edge diagnostic equipment, showed that doing 20 minutes of Elation Therapy brought a harmonizing of the left and right brain lobe as well as an increase in important hormonal and chemical releases in the brain. Most

clients on experiencing Elation therapy report feeling positive, calmer and happier.

As we enter Autumn 2010 the Medica Health team are taking part in an exciting number of International trainings, talks & trade fair events where you can learn more about and experience the trendsetter of the wellness noninvasive healthcare market.

Are you interested in becoming a member of a unique team of professionally trained and certified Theragem therapists, making a true difference in noninvasive wellbeing in this ever challenging world? Do you want to learn the 3 keys to enhanced wellbeing and vitality applying them to yourself, your loved ones and clients? If you are a pioneer, a visionary that believes non invasive, non toxic therapy hold the solution to homeostasis then become a Theragem therapist or distributor and be part of our growing "Ohana" (Hawaiian for family-oneness).



My deepest Aloha
Laurence Heylen
Managing Director Medica Health Ltd